



Calhoun County Connections

NOVEMBER 2016 SPECIAL POINTS OF INTEREST

- 📅 **2017 Open Enrollment**
- 📅 **Stay Sharp**
- 📅 **November Happenings**
- 📅 **Milestones/Welcome**
- 📅 **Frozen Breakfast Recipes**
- 📅 **Holiday Craft Sale**

2017 Open Enrollment

Believe it or not, it is just about that time of year again already – Open Enrollment. As in the past, we will begin Open Enrollment during the second week in November and it will run through November 30th. In the first week of November, HR will send out additional information about Open Enrollment and Instructions for navigating the E-Benefits Portal. Please note that Road Dept. employees will be notified of their open enrollment process separately.

I will be conducting employee meetings throughout the various buildings from Nov 7th through Nov 10th. Sign-up sheets will be available so that HR can evaluate the need for additional meetings as they fill-up. The following week I will be available for anyone that needs individual assistance. There will be additional sign-up sheets for individual meetings posted at the Justice Center or contact me directly at 0982 to set-up an appointment time.

The E-Benefit enrollment portal will remain open through November 30, 2016. **Part-time employees and those wishing to Opt-Out of benefits, must still complete the on-line portal process even if declining coverage since benefits are offered to you.**

HR is looking forward to a very successful open enrollment process.

Thanks!
Brandie Aldrich

2017 Open Enrollment Meeting Schedule

Monday, November 7

- ◆ 8:00 am to 9:00 am - Justice Center Courtroom 245
- ◆ 9:00 am to 10:00 am - Justice Center Courtroom 245
- ◆ 10:30 am to 11:30 am - Justice Center Courtroom 245
- ◆ 1:30 pm to 2:30 pm - Justice Center Courtroom 326
- ◆ 2:30 pm to 3:30 pm - Justice Center Courtroom 326

Tuesday, November 8

- ◆ 7:30 am to 8:30 am
Road Department - Garage

Wednesday, November 9

- ◆ 10:00 am to 11:00 am
County Building
HR Conference Room
- ◆ 11:00 am to 12:00 pm
County Building
HR Conference Room
- ◆ 1:30 pm to 2:30 pm - Juvenile Home

Thursday, November 10

- ◆ 7:00 am to 8:00 am - Justice Center Courtroom 245
- ◆ 8:00 am to 9:00 am - Justice Center Courtroom 245
- ◆ 9:30 am to 10:30 am - Justice Center Courtroom 245

- ◆ 10:30 am to 11:30 am - Justice Center Courtroom 245
- ◆ 1:00 pm to 2:00 pm
Toeller Building
3rd Floor Conference Room
- ◆ 2:30 pm to 3:30 pm
Toeller Building
3rd Floor Conference Room

Monday, November 14th

- ◆ 9:00 am to 11:30 am
RETIREE Meeting
County Building
Board Room

Tips to Stay Smart, Sharp, and Focused

Use Your Brain

It's true: Use it or lose it. Stretching your brain keeps your mind sharp. People who are more active in mentally challenging activities are more likely to stay sharp. Try these:

- Read a book.
- Go to a lecture.
- Listen to the radio.
- Play a game.
- Visit a museum.
- Learn a second language.

Mix Things Up

Remember trying to talk backwards as a child? Researchers at Duke University created exercises they call "neurobics," which challenge your brain to think in new ways. Since your five senses are key to learning, use them to exercise your mind. If you're right-handed, try using your left hand. Drive to work by another route. Close your eyes and see if you can recognize food by taste.

Work Out to Stay Sharp

Exercise, especially the kind that gets your heart rate up like walking or swimming, has mental pluses, too. Although experts aren't sure why, physical activity might increase the blood supply to the brain and improve links between brain cells. Staying active can help memory, imagination, and even your ability to plan tasks.

A Healthy Diet Builds Brainpower

Do your brain a favor and choose foods that are good for your heart and waistline. Being obese in middle age makes you twice as likely to have dementia later on. High cholesterol and high blood pressure raise your chances, too. Try these easy tips:

- Bake or grill foods instead of frying.
- Cook with "good" fats like oils from nuts, seeds, and olives instead of cream, butter, and fats from meat.
- Eat colorful fruits and veggies.
- Eat fish.

Watch What You Drink

You know that too many drinks can affect your judgment, speech, movement, and memory. But did you know alcohol can have long-term effects? Too much drinking over a long period of time can shrink the frontal lobes of your brain. And that damage can last forever, even if you quit drinking. A healthy amount is considered one drink a day for women and two for men.

Video Games Train Your Brain

Grab that joystick. Several studies found that playing video games stimulates the parts of the brain that control move-

ment, memory, planning, and fine motor skills. Some experts say gaming only makes you better at gaming. The verdict may still be out, but why let kids have all the fun?

Music Helps Your Brain

Thank your mom for making you practice the piano. Playing an instrument early in life pays off in clearer thinking when you're older. Musical experience boosts mental functions that have nothing to do with music, such as memory and ability to plan. It also helps with greater hand coordination. Plus, it's fun -- and it's never too late to start.

Make Friends for Your Mind

Be a people person! Talking with others actually sharpens your brain, whether at work, at home, or out in your community. Studies show social activities improve your mind. So volunteer, sign up for a class, or call a friend!

Stay Calm

Too much stress can hurt your gray matter, which contains cells that store and process information. Here are some ways to chill:

- Take deep breaths.
- Find something that makes you laugh.
- Listen to music.
- Try yoga or meditation.
- Find someone to talk to.

Sleep and the Brain

Get enough sleep before and after you learn something new. You need sleep on both ends. When you start out tired, it's hard to focus on things. And when you sleep afterward, your brain files away the new info so you can recall it later. A long night's rest is best for memory and your mood. Adults need 7-8 hours of sleep every night.

Memory Helpers

Everybody spaces out now and then. As you get older, you may not remember things as easily as you used to. That's a normal part of aging. Some helpful hints:

- Write things down.
- Use the calendar and reminder functions in your phone, even for simple things (Call Dad!).
- Focus on one task at a time.
- Learn new things one step at a time.

The Name Game

Have trouble recalling names? Always repeat a person's name while you're talking to them -- at least in your head, if not out loud. Or invent a funny image or rhyme that you link with their name. For example, think of Bob bobbing out in the ocean.

November Happenings



Marshall Christmas Parade

November 28th, 2016 @ 7:00pm

http://thechambermarshall.com/event/marshall-christmas-parade/?instance_id=5124



Saturday, November 19th, 5:50 pm

<http://battlecreekchristmasparade.webstarts.com/>



SANTA'S BAG ARTS & CRAFTS SHOW

November 12th, 2016

9:00am - 4:00pm

Marshall High School



Performances are on November 4, 5, 6, 11, 12, 13. Performances on Friday and Saturday begin at 8:00 pm and performances on Sunday begin at 2:30 pm. For tickets, call or text the Marshall Civic Players Box Office at 269.781.3335.

http://thechambermarshall.com/event/miracle-34th-street/?instance_id=2357



DON'T MISS SMALL BUSINESS SATURDAY NOVEMBER 26

Small Business Saturday is an American shopping holiday held on the Saturday after Thanksgiving during one of the busiest shopping periods of the year. First observed on November 27, 2010, it is a counterpart to Black Friday and Cyber Monday, which feature big box retail and e-commerce stores respectively. By contrast, Small Business Saturday encourages holiday shoppers to patronize brick and mortar businesses that are small and local.

Follow the link below to find a small business near you.

<http://shopsmallnow.americanexpress.com/?linknav=us-loy-open-shopsmall-footermap>

We Need Men's, Women's, Children's & Infants' Sweaters!

We are collecting tired but true sweaters between now and Thanksgiving Day. Please bring your sweaters to Bachman Hebble Funeral Service located at 223 North Bedford Road.

"Serving or giving whatever you can to someone in need will truly lift your spirits."
From Judith Brooks


BachmanHebble
Funeral Service Inc.

223 North Bedford Road, Battle Creek
965-5145 • www.bachmanhebble.com



NOVEMBER MILESTONES

25 YEARS & Over

Douglas Vahs - 33 yrs.

Road Dept.

Karen Snyder - 28 yrs.

Circuit Court

Toni Underwood - 27 yrs.

Clerk Register

20 YEARS

Charles Bowden

Sheriff's Department

Stella Duckett

Circuit Court

15 YEARS

Sarah Lincoln

Circuit Court

10 YEARS

Benjamin Hess

Sheriff's Department

Ronald Leggitt

Sheriff's Department

5 YEARS

Daniel Williams

Road Dept.



New Hires

Juvenile Home

☺ Hillary Snyder

District Court

☺ Jenessa Patterson

Sheriff/Corrections

☺ Brandon LaFountain

☺ Scott Crawford

Administrative Services/Mail/Copiers

☺ Zachary Higgins

Health Department

☺ Kelly Latimer

☺ Sandra Snyder

☺ Craig Cloud



SHARON DAVIDS will be leaving the County family on November 22nd. Sharon has been with the Calhoun County Health Department for over 15 years. If you see Sharon, don't forget to congratulate her and wish her all the best. Thank you for your dedicated service.

Make It. Freeze It. Eat It

Frozen Breakfast Sandwiches

INGREDIENTS:

6 large eggs
Kosher salt and freshly ground black pepper, to taste
6 English muffins, split
12 slices deli-sliced ham
6 slices cheddar cheese



DIRECTIONS:

Preheat oven to 375 degrees. Lightly oil six 10-ounce ramekins or coat with nonstick spray and place onto a baking sheet.

Add one egg to each ramekin, beating slightly; season with salt and pepper, to taste. Place into oven and bake until egg whites are cooked through, about 12-14 minutes.

Place one egg over the muffin bottom. Top with 2 slices ham and 1 slice cheese, and then cover with another muffin top to create a sandwich. Repeat with remaining English muffins to make 6 sandwiches. Wrap tightly in plastic wrap and place in the freezer.

To reheat, remove plastic wrap from the frozen sandwich and wrap in a paper towel. Place into microwave for 1-2 minutes, or until heated through completely.

Eat immediately.

Frozen Breakfast Burritos

INGREDIENTS:

12 eggs
Pinch of kosher salt and ground black pepper
Nonstick cooking spray
1 can (4 ounces) diced green chiles, drained
8 burrito-sized flour tortillas
6 ounces cooked smoked ham, cubed
1 cup shredded Monterey Jack cheese
Sour cream and salsa, for serving (optional)

DIRECTIONS:

In large bowl, whisk eggs, salt and pepper until well beaten. Spray large nonstick skillet with cooking spray; pour in eggs. Cook over medium heat 4 to 6 minutes or until fully cooked, stirring to scramble frequently. Stir in green chiles. Transfer to plate and let stand until cool.

Working with a few tortillas at a time, microwave tortillas 10 to 15 seconds to soften. Lay tortillas on work surface. Spoon cooled scrambled eggs down center of each tortilla; top with ham and cheese. Fold tortilla over filling; then fold in sides of tortilla and continue rolling to form burrito. Repeat with remaining tortillas and fillings.



Wrap each burrito individually in aluminum foil. Place all burritos in large freezer bag and transfer to freezer.

To reheat: Unwrap and place burrito on microwave-safe plate; cover with paper towel. Microwave on high 1-1/2 to 2 minutes or until hot. Serve with sour cream and salsa, if desired.

Frozen Oatmeal Cups

INGREDIENTS:

3 cups Gluten Free (or not) oats
1/4 cup brown, or to taste
3 cups water
3 cups milk of choice
pinch salt
Assorted chopped fruit, nuts, chocolate chips, or other toppings



DIRECTIONS:

Combine the oats, sugar, water, milk, and salt in a large saucepan and bring to a boil. Reduce heat to medium and cook for 2-3 minutes, or to desired consistency. Set aside to cool slightly.

Spray two 12-cup muffin tins with cooking spray and set out toppings in bowls.

Divide the cooked oatmeal between the muffin cups, and top each with desired toppings.

Cover with plastic wrap and place in the freezer for several hours, or until frozen.

Once frozen, pop out of the muffin tins, loosening with a butter knife or small spatula, if necessary and wrap in sandwich bags or plastic wrap.

Remove desired number of cups (one to three per serving) from the freezer the night before or day you plan to serve them.

Warm in the microwave for 1-2 minutes (longer if still frozen), and stir in a little more milk, if desired.



Holiday Craft Sale

**BATTLE
CREEK
1ST FLOOR
OF THE
JUSTICE
CENTER**

**So many talents, so
many gifts ideas. Get
your Holiday shopping
done in a blink of an eye.**

**NOVEMBER 17, 2016
9:00 AM TO 3:00 PM
&
COUNTY BUILDING
NOVEMBER 18, 2016
10:00 AM TO 2:00 PM
GARDEN LEVEL
CONFERENCE ROOM**



Call Marie at x0980 for more information and if you would like to reserve a table.

The money from table rental will be given to the Wellness Committee to purchase incentive items for the Calhoun County Wellness efforts.